

Amish Market page 3

Mayor's Corner

On September 15, 2015, the Village Council acted on contracts for repairs and maintenance of Village infrastructure, a contract for legal services, and a request for proposals for web development services. Council and residents also welcomed Chevy Chase Land Company's Vice President Miti Figueredo. After explaining her Company's plans to reposition the Wisconsin Avenue property known as "The Collection," Ms. Figueredo answered residents'questions. At first glance, the meeting agenda

looked like a grab bag of unrelated items. But actually, taken together the agenda items were quite revealing of Council priorities.

A strong focus on quality of life in the Village was the unifying theme behind our interest in improved infrastructure and communication tools and in community-friendly businesses.

On the practical side, the agenda also reflected the importance of Council committees. Public yet informal committee meetings allow interested residents to participate in discussions and in the preparation of proposals for action between monthly Council meetings. When committee members and interested residents get it right, the combination of good committee groundwork and thorough staff reviews allows for smooth and speedy action at Council meetings. A blessing for busy Council members and residents, but also an opportunity to hold work sessions with residents, when appropriate, or to hear from invited guests.

— Clara M. Lovett Mayor

A holiday tour of Historic Houses in Philly

Join us as we discover the charms of Philadelphia's Fairmount Park when we tour two historic houses decorated for the holidays on **Wednesday**, **Dec. 9.** Especially



for 2015, the historic houses will delight visitors with festive adornments and stunning interiors inspired by the whimsical Christmas carol "The Twelve Days of Christmas," decorated by local interior designers and garden clubs.

We'll arrive in Philadelphia, meet our guide at the Philadelphia Museum of Art and tour historic Cedar Grove. This house was constructed in the mid $18^{\rm th}$ century, and is furnished with exceptional examples of early Pennsylvania furniture.

Following this tour, we'll enjoy lunch on the balcony level of the Philadelphia Museum of Art. Our luncheon includes a split entrée of herbed chicken breast and seared salmon, mixed mesclun salad, red bliss potato and haricot verts salad, and grilled seasonal vegetables. For dessert, enjoy assorted cookies and a chef's choice of miniature desserts. Coffee, tea and iced tea are also included.

Following lunch, we'll tour beautiful Strawberry Mansion. The featured stories of this house span over three centuries and incorporate the life of the acclaimed colonial Judge William Lewis (1752-1819) to the national celebration

Continued on page 2

Spooky fun for little goblins at the Village Center

Dress up in your spookiest costumes for an evening of Halloween fun. The Friendship Heights Village Center will sponsor a Halloween Pizza Party for children, up to 10 years old, on **Friday**, **Oct. 30**, **from 6:30 to 8:30 p.m.**

There will be Halloween games, refreshments and a few fright-filled activities. Admission is free, but pre-registration is required for all attendees. Children must be accompanied by a parent or guardian. Sign up at the Village Center. The deadline is Wednesday, Oct. 28. For more information or to volunteer to help, contact Anne O'Neil at 301-656-2797.

How well do you know our village?

In his letter dated July 17, former mayor Alfred Muller reminded Council members why Village residents enjoy an enviable quality of life. He mentioned the purchase of the land that became Page Park and the conversion of a large gulch into what is now Willoughby Park. Also on his list were the shuttle, license renewal on site, visiting nurses from Suburban Hospital, cultural programs and classes, and the celebrations and other gatherings held throughout the year that build community. These services, amenities and traditions, mostly dating from the 1980s and 1990s, form the foundation on which the success of our Village was built. To protect this foundation, the Council is investing in replacing or repairing infrastructure, including at the Village Center, where the cost of necessary

renovations is estimated at \$500,000.

The Council and residents must be attentive to the external factors that affect the quality of life in our Village as well. Among them is the dramatic deterioration of the Metro system that especially impacts those of us who cannot drive or do not own a car or who prefer to commute to work via public transportation. Village residents cannot by ourselves change the dysfunctional structure at the root of the crisis. But we can keep in touch with and support county officials and state legislators who are working on this issue.

> — Clara M. Lovett Mayor

Holiday Tour, Continued from page 1

of the Sesquicentennial of 1926 (celebrating America's 150th anniversary.) Of course the story involves tales of lavish parties and strawberries.

We'll depart from the Village Center at 7:30 a.m. and should return by 7:30 p.m.

The cost of the trip, which includes round-trip transportation, admission to houses, lunch and all taxes and gratuities, is \$124.

Residents and one guest may sign up immediately at the Village Center. Nonresidents may sign up beginning Oct. 7. The deadline to sign up is Nov. 30.

There are 30 spaces available.



CUBA JAZZ FESTIVAL DEC 16-21 2015

Join me on my 5th tour to Cuba for details call Lakshmi Halper **USA International Travel**

> 301 718-8700 or e mail to laki.halper@gmail.com



www.friendshipheightsmd.gov Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the November issue is October 5th. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

FOUNDER Martin Kuhn

EDITORIAL STAFF

Melanie Rose White Anne Hughes O'Neil Volunteer Editor Staff Writer, Advertising **Jennie Fogarty** Susan C. Zarriello Page Design/Layout

FRIENDSHIP HEIGHTS VILLAGE COUNCIL

Clara M. Lovett Mayor John R. Mertens Chairman

Michael J. Dorsey Vice Chairman

Paula J. Durbin

Secretary

Kathleen G. Cooper Treasurer

David O. Lewis Parliamentarian

Melanie Rose White Historian

VILLAGE MANAGER Julian P. Mansfield

ON the GO...

A trip to the Amish Market

Join us for a trip to the Dutch Amish Market in Germantown on **Thursday**, **Nov. 19.** If you have visited the market before you are aware of the wonderful fresh products and tempting selections that await you. If you haven't been before, join the fun! There is a delicious choice of meats, eggs, cheeses, veggies, baked goods, flowers, herbs and crafts. A restaurant is located on site so when you want to take a break, you can enjoy a leisurely lunch (not included).

We'll leave the Center at 11 a.m. and should return by 3 p.m. The price for the trip is \$28 for transportation — lunch is on your own. Sign up immediately at the Village Center. There are 34 spaces available.

Don't miss the chance to get farm fresh goodies for your Thanksgiving feast!

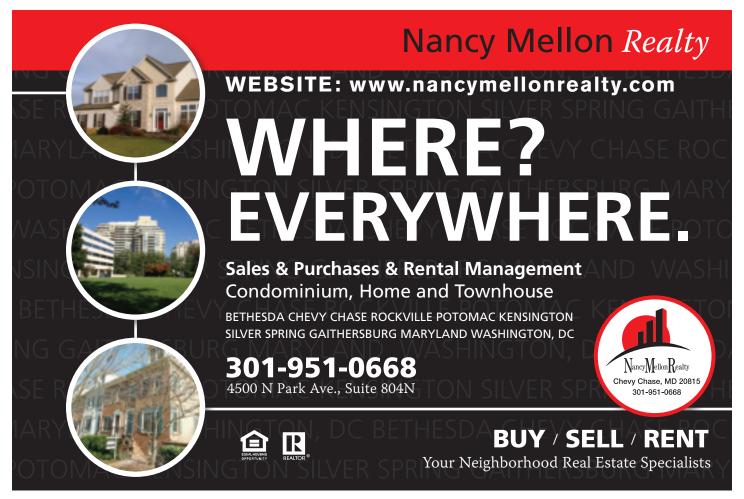
Don't forget! John McCarthy, the State's Attorney for Montgomery County, will speak to the Village on **Thursday, Oct. 1, at 7:30 p.m.** on critical criminal justice issues. **RSVP: 301-656-2797.**

Shopportunities abound!Artisan Fair returns to Friendship Heights

Some of the area's finest artisans return to the Friendship Heights Village Center **Friday**, **Nov. 6 and Saturday**, **Nov. 7** for our 13th annual Holiday Affair. This seasonal event will feature the works of local artisans. No ordinary craft show, "A Holiday Affair" will offer something for everyone and every budget. You'll find pottery, fused glass, textiles, jewelry, paintings, ornaments, notecards, and more. Admission is free.

The festivities begin **Friday, Nov. 6** with a reception from 5:30 to 8 p.m. Attendees can enjoy light snacks while shopping. Glasses of wine, for those 21 and over, will be available for a nominal fee. The fair continues Saturday, from 10 a.m. to 4 p.m. There is no admission fee.

Fo information about opportunities to participate, please contact Anne O'Neil at 301-656-2797 by Oct. 15. All items must be hand-crafted by the artist.





Medical Care When You Need It, Where You Need It.

MedStar PromptCare is now open in Chevy Chase.

MedStar PromptCare, an urgent care center, provides medical treatment for illnesses and injuries that are not life-threatening. For your convenience, you never need an appointment. And with on-site laboratory and X-ray services, you can feel better faster.

We accept most insurance plans.

8 a.m. to 8 p.m. • Monday through Friday **8 a.m. to 4 p.m.** • Weekends

5454 Wisconsin Ave. • Chevy Chase, MD

301-215-9440 **PHONE**

MedStarPromptCare.org/5454

D.C. metropolitan area locations:

Adams Morgan • Alexandria • Capitol Hill Gaithersburg • Wheaton

Baltimore metropolitan area locations:

Belcamp • Federal Hill • Perry Hall Pikesville • Towson

Knowledge and Compassion

Focused on You



RELOCATING OR DOWNSIZING?

let WE MOVE SENIORS help



We Move Seniors provide moving management services for relocating seniors. Let us simplify your transition and put you on the path to peace

of mind, which is our specialty!

(301) 660-3383

Call us today for a FREE consultation

Tea and Talk: the music of World War II

Some of the most memorable and enduring popular music of the 20th Century was written during the Second World War. Patriotic wartime songs were indispensable for boosting morale at home and wherever our troops were stationed overseas. Come to the Village Center on **Wednesday**, **Oct. 28, at 2 p.m.**, and hear some of the music as well as a talk on the subject by Dr. Sheldon Winkler.

Dr. Winkler retired in 2006 as Professor Emeritus from Temple University in Philadelphia, where he previously served as Chairperson of the Department of Prosthodontics and Dean of Research, Advanced Education, and Continuing Education, at the School of Dentistry. He founded the journal *Implant Dentistry* and is currently Senior Editor of the *Journal of Oral Implantology*. He is an international speaker on prosthodontics, implant dentistry, dental materials, and geriatric dentistry as well as an authority on music of the Second World War. Dr. Winkler has contributed numerous articles to *World War II History* magazine.

After the program, please stay for tea. Copies of his book, *The Music Of World War II: War Songs And Their Stories*, will be available for purchase. Please call 301-656-2797 to register. This talk was originally scheduled for November of last year.

Chevy Chase ENT & Audiology You can hear better today!

Providing evaluations by ENT physicians and audiologists for:

- HEARING LOSS AND EAR DISORDERS
- WAX REMOVAL
- CUSTOMIZED HEARING AID FITTINGS AND SERVICES
- TINNITUS MANAGEMENT

WE LISTEN, TO MAKE SURE WE FIND THE BEST SOLUTION FOR YOU

Ask your physician or internist about our practice.



5530 Wisconsin Avenue • Suite 1500 • Chevy Chase, Maryland 20815 Office: 301-656-8630 • www.chevychase-ent.com

Maria Capobianco, Au.D. Thomas Winkler, M.D. Leslie Hao, M.D. Candace Thorp, Au.D.

PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events
• Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, Oct. 1, 7:30 p.m. — Town Hall Meeting with John McCarthy — see page 3 for details.

Thursday, Oct. 8, 7 p.m. — Movie — About Time —

When Tim Lake is 21, his father tells him a secret: The men in their family can travel through time. Although he can't change history, Tim resolves to improve his life by getting a girlfriend. He meets Mary, falls in love and finally wins her heart via time-travel and a little cunning. However, as his unusual life progresses, Tim finds that his special ability can't shield him and those he loves from the problems of ordinary life. Stars Bill Nighy, Rachel McAdams, and Domhall Gleeson. Rated R. Running Time: 124 minutes.

Thursday, Oct. 15, 7:30 p.m. — Book Signing with Kyi Kaung — see page 8 for details.

Thursday, Oct. 22, 7 p.m. — Movie — Wait Until Dark

— Audrey Hepburn was nominated for an Academy Award for her portrayal of Susy Hendrix, a blind woman terrorized by a criminal (Alan Arkin) who's after a stash of heroin that was planted in her apartment inside a doll without her knowledge. When the stalker isolates Hendrix in her apartment, she must find a way to defeat him in a thrilling, chilling battle of wits, relying on all of her senses — save her sight — to stay alive. Rated PG. Running Time: 108 minutes.

Thursday, Oct. 29, 7 p.m. — Movie — Night at the Museum: Secret of the Tomb — When the exhibits at New York's Natural History Museum start behaving strangely, Larry Daley (Ben Stiller) — now the director of nighttime operations — must find out the cause. He learns that the Tablet, which magically brings Teddy Roosevelt, Jedediah,

Study Piano Lessons with Concert Pianist

Steinway Artist & Albany Recording Artist

DR. KAREN WALWYN

All Levels- All Ages! Classical, Pop, Gospel

View lessons, performances and students' comments @

www.karenwalwyn.com

Contact: 804 822 2441: drkwalwyn@gmail.com

and the other exhibits to life at night, has started to decay. Larry, along with his son and museum friends, must travel to London's British Museum to learn how to prevent the Tablet's magic from disappearing. Stars Ben Stiller, Owen Wilson and Robin Williams. Rated PG. Running Time: 98 minutes.

GetWell Rehabilitation, LLC

orthopedic | neurological | aquatic

Physical Therapy Office

Friendship Heights Village at the Elizabeth Arcade

- Private one hour physical therapy sessions, one-on-one, no technicians
- Manual therapy, therapeutic exercises, balance and gait retraining, visceral mobilization
- Ultrasound, electrical stimulation, and combo
- Aguatic therapy (at our Tenleytown location)
- Orthopedic injuries, joint replacements
- Neurological disorders (MS, MD, ALS, stroke, dystonia), fibromyalgia, chronic fatigue syndrome
- Massage therapy / personal and post-rehab training

We are a **MEDICARE PREFERRED PROVIDER** and accept co-insurance from PPO and POS health insurance plans. Call office for details.

Locations

Tenleytown

4000 Wisconsin Ave., NW #P2 Washington, DC 20016 (inside Tenley Sport & Health Club, garage parking available)

Friendship Heights

4601 N Park Ave., #10C Chevy Chase, MD 20815 (at the Elizabeth Arcade, free garage parking!)

phone **301-654-9355** | **fh@getwell-rehab.com** www.getwell-rehab.com

ART and CULTURE

This month in Friendship Gallery

"Harvest Art" is the title of the art exhibit at the Village Center in October and will include the works of 12 artists from glass sculptors and watercolorists to fabric artists and pastels. The array of artists and media are sure to excite and inspire!

The exhibit runs from Oct. 4 to 31. All are invited to meet the artists at a reception on Sunday, Oct. 11,

11:30 a.m. to 1:30 p.m. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m., and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room. Please check with the front desk receptionist when you arrive. Please note that all sales of art are final.







"Sails of Gold" by Hubert Jackson; and, "Open Paris Market in the 11th" by Carol Porter

SAM'S **FEATURED LISTINGS**

FOR RENT

THE CARLETON 2 Bedroom/2 Baths **Totally Renovated** Offered at \$3200

UNDER CONTRACT

THE WILLOUGHBY Jr. One Bedroom **Bright and Updated** Offered at \$209,000

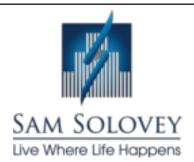
FOR RENT

THE WILLOUGHBY 1 Bedroom/1Bath Southern View and Balcony Offered at \$1900

SOLD

THE CARLETON 3 Bedroom/2.5 Baths Desirable Floor Plan Sold at \$1,300,000

Contact Sam for more details.



Direct:

301-404-3280

Office:

202-363-9700

Email:

SamS@LNF.com

Website:

SamSolovey.com



LONG & FOSTER **LUXURY HOMES**

Personalized Marketing and **Exceptional** Service from the **Leading Realtor**® in the Village.





Friendship Heights Village Center



Calendar of Events 2015

0 0 E R **MONDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY** Cafe Muse presents... 8:15 a.m.: Walking Club 9:15 a.m.: Drop-in Tai Chi 8:15 a.m.: Walking Club This month's Café Muse, on Monday, Oct. 5, will feature poets Martin Dickinson and 10 a.m. - 3 p.m.: AARP Driver Safety 11 a.m. – 4 p.m.: Village 9 a.m. – 1 p.m.: Twin Michael Gushue. Martin Dickinson is the author of My Concept of Time, a 2014 poetry Playtime Springs chapbook. His work has appeared in California Quarterly, Heartlodge, Isotope, Nth Position, 11 a.m.: Still Life Painting 10:30 a.m.: Coffee and 9:30 a.m.: Photography Poeticdiversity, and the Russian language weekly, Kontinent. Michael Gushue is the Current Events for Children 6:15 p.m.: Scrabble 10:30 a.m.: Balance, 10 a.m.: Zumba publisher of Beothuk Books, cofounder of Poetry Mutual/Vrzhu Press and co-hosts the 6:45 p.m.: Acrylic or Oil Movement and Memory 11 a.m.: Children's Dance occasional series "Poetry at the Watergate" with Deborah Ager. 7:30 p.m.: Town Hall Mtg. with 10:30 a.m.: Basic Cafe Muse opens at 7 p.m. with classical guitar by Michael Davis, readings begin at 7:20. State's Attorney Photography John McCarthy Attending poets are invited to participate in an open reading that concludes the proram. A sign -up sheet will be available at 7 p.m. Coming up on Nov. 2: Laurel Blossom and Grace Cavalieri 8:15 a.m.: Walking Club 9 a.m.: Yoga with Robin 10 a.m.: Great Books 8:15 a.m.: Walking Club 9:15 a.m.: Depart for 8:15 a.m.: Walking Club 9:15 a.m.: Drop-in Tai Chi Hillwood 10:30 a.m.: Coffee and 9:30 a.m. – 1:30 p.m.: Coffee 10:30 a.m.: Resistance 9:30 a.m.: Tai Ji 9 a.m. – 1 p.m.: Twin 9:30 a.m.: Tai Ji 10:15 a.m.: Yiddish Training and Sunday Papers Current Events Springs 12 - 4 p.m.: Blood Pressure 11 a.m. – 4 p.m.: Village 9:30 a.m.: Photography Screening 11 a.m.: Chair Exercise 12:30 p.m.: Bridge Club Playtime 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Balance and Coordination for Children 1 p.m.: Strength Training 11 a.m.: Still Life Painting 12 p.m.: Chess group 1 p.m.: Mixed Media 10:30 a.m.: Basic 1 p.m.: All in the Eyes 6:15 p.m.: Scrabble 2 - 4 p.m.: Suburban Photography 2:30 p.m.: Acrylic or Oil 7:30 p.m.: Concert: Herb 6:45 p.m.: Acrylic or Oil Nurse Specialist Painting 7 p.m.: Movie: About 3 – 4 p.m.: Tea 7 p.m.: Café Muse 5:30 p.m.: Capital Improvements Ctte. meeting 7 p.m.: Pilates **Columbus Day** 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9:30 a.m. - 1:30 p.m.: Coffee 10:15 a.m.: Yiddish 8:15 a.m.: Walking Club 9:15 a.m.: Drop-in Tai Chi and Sunday Papers 9:30 a.m.: Tai Ji 11 a.m.: Chair Exercise 9:30 a.m.: Tai Ji 10:30 a.m.: Coffee and 9 a.m. - 1 p.m.: Twin **Center Open** 11:30 a.m. - 1:30 p.m.: 12 - 4 p.m.: Blood Pressure 11 a.m. – 4 p.m.: Village 12 p.m.: Chess group 9 a.m. to 2 p.m. **Art Reception** 10:30 a.m.: Balance, Movement and Memory 9:30 a.m.: Photography for Children Playtime 1 p.m.: Suburban 1 p.m.: Balance and Coordination Lecture: "Get Your Back on Track" 11 a.m.: Still Life Painting 10 a.m.: Great Books 2 p.m.: Speech Therapy and 12:30 p.m.: Vision Support 1 p.m.: Mixed Media 10 a.m.: Zumba Support Group 10:30 a.m.: Resistance 1 p.m.: All in the Eyes Lunch and Learn 11 a.m.: Children's Dance 2-4~p.m.: Suburban Training For Seniors 1 p.m.: Health Insurance 1 p.m.: American Songwriters Nurse Specialist 10:30 a.m.: Basic 1 p.m.: Strength Training Counseling 6:15 p.m.: Scrabble 3-4~p.m.: Tea Photography 5 - 7 p.m.: Shred-It Truck 6:45 p.m.: Acrylic or Oil 7:30 p.m.: Concert: Susan 7:30 p.m.: Book Signing 7:30 p.m.: FRIENDSHIP Shuttle bus runs on HEIGHTS COUNCIL Jones Jazz with Kyi May Kaung weekend schedule MEETING 10 a.m. – 2 p.m.: MVA Mobile Office 10:15 a.m.: Yiddish 9 a.m.: Yoga with Robin 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 7:30 a.m.: Depart for 8:15 a.m.: Walking Club 9:30 a.m. - 1:30 p.m.: Coffee Princeton 9 a.m. – 1 p.m.: Twin 9:30 a.m.: Tai Ji 11 a.m.: Chair Exercise 9:30 a.m.: Tai Ji Springs 10 a.m.: Great Books and Sunday Papers 9:15 a.m.: Drop-in Tai Chi 11 a.m.: Village Book Club 11 a.m. – 4 p.m.: Village 12 p.m.: Chess group 9:30 a.m.: Photography 10:30 a.m.: Resistance 10:30 a.m.: Coffee and Playtime 12 - 4 p.m.: Blood Pressure 1 p.m.: All in the Eyes Training Current Events for Children 11 a.m.: Still Life Painting Screening 7:30 p.m.: Tales in the 12:30 p.m.: Bridge Club 10:30 a.m.: Balance, 10 a.m.: Zumba 1 p.m.: Balance and Village: Adult Ghost 1 p.m.: American Movement and Memory 1 p.m.: Strength Training Coordination **Stories** Songwriters 10:30 a.m.: Basic 1 p.m.: Mixed Media with Tonya Photography 2 – 4 p.m.: Suburban 6:15 p.m.: Scrabble 2:30 p.m.: Acrylic or Oil 11 a.m.: Children's Dance Nurse Specialist 6:45 p.m.: Acrylic or Oil Painting 12:30 p.m.: Meditation 3 – 4 p.m.: Tea 7 p.m.: Movie:Wait Until Dark 6:30 p.m.: Caregivers 7 p.m.: Pilates **Support Group** 9 a.m.: Yoga with Robin 10 a.m.: Great Books 8:15 a.m.: Walking Club 10:15 a.m.: Yiddish 8:15 a.m.: Walking Club 9:15 a.m.: Drop-in Tai Chi 8:15 a.m.: Walking Club 10:30 a.m.: Resistance 10:30 a.m.: Coffee and 9 a.m. - 1 p.m.: Twin 9:30 a.m. – 1:30 p.m.: Coffee 9:30 a.m.: Tai Ji 12 p.m.: Chess group 9:30 a.m.: Tai Ji and Sunday Papers Training Current Events Springs 12 - 4 p.m.: Blood Pressure 1 p.m.: All in the Eyes 11 a.m. – 4 p.m.: Village 10:30 a.m.: Balance. 9:30 a.m.: Photography 12:30 p.m.: Bridge Club 1 p.m.: Health Insurance Screening Playtime Movement and Memory for Children 2:30 p.m.: Acrylic or Oil 11 a.m.: Still Life Painting 2 – 4 p.m.: Suburban Counseling Nurse Specialist Painting 1 p.m.: Mixed Media 10 a.m.: Zumba 2 p.m.: Tea and Talk: The 1 p.m.: American 7:30 p.m.: 3 - 4 p.m.: Tea Music of World War II Songwriters 6:30-8::30 p.m.: 10:30 a.m.: Basic Photography Children's Halloween Communications 7:30 p.m.: Concert: Mark 6:15 p.m.: Scrabble **Committee Meeting** Party 12:30 p.m.: Meditation **Hanak Halloween** 6:45 p.m.: Acrylic or Oil Program 7 p.m.: Movie:Night at the Museum: Secret of the Tomb

Shuttle bus hours



Monday through Friday Saturday and Sunday 6:40 a.m. to 9:40 p.m. 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m. Friday 9 a.m. to 5 p.m. Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Village author to speak at the Center

Kyi May Kaung, a writer, poet, political economist, and Village resident, will discuss and read from a selection of her novellas and short story collections at the Village Center on **Thursday**,

Oct. 15, at 7:30 p.m.

Dr. Kaung worked in the non-profit sector in Washington DC for nearly 2 decades in the Burmese overseas struggle for democracy. She has been writing fiction since she was a teenager in Burma.

Copies of her books will be for sale; cash or checks only, please. Sign up by calling 301-656-2797.

Get your back on track

Matt Tovornik, Suburban Hospital's service line administrator of Orthopedics, Neurosurgery and Rehabilitation, will review the keys to maintaining a healthy spine at this month's health lecture at the Village Center on **Wednesday, Oct. 14, at 1 p.m.** He will discuss anatomy and physiology, proper lifting techniques, what to do when you are experiencing pain, and the latest in advanced treatment alternatives.

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend. This talk was originally scheduled for last May.

CLASSES and CLUBS

PLEASE SIGN UP <u>AT LEAST</u> 48 HOURS BEFORE THE START OF A SESSION — A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi and sample classes are required to sign a liability waiver when they register.

ART AND MUSIC

ACRYLIC OR OIL PAINTING (Day)

A 10-week course for all skill levels, taught by Doris Haskel, begins Oct. 5. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$80 for nonresidents. Minimum number of students is 10; maximum is 14. Session ends Dec. 14 (class will not meet Oct. 12).

ALL IN THE EYES

This 6-week class, taught by Marianne Winter, begins Oct. 28. Students will learn to draw faces expressively and capture likenesses using photos. Ms. Winter is an award-winning artist, photographer and book illustrator. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. Meets Wednesdays from 1 to 3 p.m. The cost is \$75 for residents; \$80 for nonresidents. Last class is Dec. 16 (class will not meet Nov. 11 and 25).

AMERICAN SONGWRITERS

Washington legend John Eaton teaches this series on five of the most influential and fascinating American composers: Irving Berlin: "The Founding Father"; Frank Loesser: "A Most Remarkable Fellow"; "Gershwin, Ellington and The Blues"; and, "The Art of Improvising: Jazz and Otherwise." The 4-week course begins Oct. 15. Meets Thursdays from 1 to 2:30 p.m. Cost is \$80 for residents; \$85 for nonresidents. Fewer than four weeks, \$30 per class. Class ends Nov. 5. A musical performance by Mr. Eaton highlights each session. Light refreshments will be served.

BASIC PHOTOGRAPHY (Adults)

This 8-week course in black and white and color photography, taught by Llewellyn Berry, begins Nov. 7. Meets Saturdays from 10:30 a.m. to 1:30 p.m. The cost is \$120. The class is

open to new students as well as those from previous sessions. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. See examples of Lew's students' works at http://www.artmajeur.com/kindalew-collective. Session ends Jan. 9 (class will not meet Nov. 28 and Dec. 26).

BASIC PHOTOGRAPHY FOR CHILDREN

This 6-week course in black and white and color photography, taught by Llewellyn Berry, begins Oct. 24. Meets Saturdays from 9:30 to 10:30 a.m. The cost is \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and, learn about composition and subject selection. Students must have a digital camera and a flash drive. Session ends Dec. 5 (class will not meet Nov. 28).

MIXED MEDIA WITH MILLIE

A 4-week course, taught by artist and Village art curator Millie Shott, begins Oct. 9. Meets Fridays from 1 to 3 p.m. For beginning as well as returning students. Cost is \$60 plus a \$5 supplies fee to Millie. Please bring a pair of paper-cutting scissors. Session ends Oct. 30. Minimum number of students is 4; maximum number is 10.

EXERCISE AND FITNESS

AUTUMN YOGA WITH KATHRYN

This 8-week class begins November 2 and meets Mondays from 7-8 p.m. Take time to care for yourself this holiday season. In this class, you will strengthen, stretch, and unwind

through physical postures, breathing exercises, and relaxation. We will focus on cultivating an attitude of gratitude, nurturing energy during these shorter days, and setting intentions for the New Year. Please bring a yoga mat and a towel. Instructor Kathryn Chiariello is a Village resident and welcomes questions at 240-743-4294. The cost is \$85 for residents, \$90 for nonresidents. Session ends December 21.

BALANCE, MOVEMENT AND MEMORY

This 6-week class begins Oct. 23. Meets Fridays, from 10:30 to 11:30 a.m. This class, taught by Cheryl Clark, will help you get around, stay independent and carry out daily activities. The exercises are specially designed to target balance issues as well as physical strength. Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. The cost is \$65 for residents; \$70 for nonresidents. Session ends Dec. 4 (class will not meet Nov. 27)

BALANCE AND COORDINATION

This 7-week class begins Nov. 3. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$75 for residents; \$80 for nonresidents. Session ends Dec. 15. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

CHAIR EXERCISE

This 5-week class begins Nov. 4. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$55 for residents; \$60 for nonresidents. Session ends Dec. 16 (class will not meet Nov. 11 and 25).

CHILDREN'S DANCE (FREE)

This free 5-week class for children ages 6 to 12 is taught by Richelle Dickerson and begins Nov. 14. Meets Saturdays from 11 a.m. to 12 p.m. The class will consist of 30 minutes of ballet and 30 minutes of hip-hop or jazz. Children should wear ballet shoes, tights and leotards. There is no charge, but children must be registered. Session ends Dec. 19 (class will not meet Nov. 28).

MAT PILATES

The 6-week session begins Nov. 3. Meets Tuesdays from 7 to 8 p.m. Pilates movements tone the body from "the inside out" bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both *PhysicalMind Institute* and *Powerhouse Pilates*. The cost is \$85 for residents and \$90 for nonresidents. Please bring a Pilates/Yoga mat and bath towel. Session ends Dec. 8.

NEW CLASS

MEDITATION AND MINDFULNESS

This 6-week class, led by Anne Gosling, begins Oct. 24. Meets Saturdays from 12:30 to 1:30 p.m. The cost is \$70. Minimum number is 12. Session ends Dec. 12 (does not meet Nov. 7 and 28). Practicing meditation can lead to more calm and clarity and help you meet the challenges

of stress or illness. Anne Gosling, Ph. D., has been trained in Mindfulness Based Stress Reduction (MBSR) through the Center for Mindfulness at the UMass Medical Center.

SKY VALLEY TAI JI (Thursday)

This 6-week class, taught by Taj Johnson, begins Oct. 29. Meets Thursdays from 9:30 to 10:30 a.m. and is especially for beginners. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Dec. 10. For more information go to skyvalleytaiji.com.

SKY VALLEY TAI JI (Tuesday)

This 6-week class begins Oct. 27. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$60 for residents; \$70 for non-residents. Minimum number is eight. Session ends Dec. 1.

STRENGTH TRAINING WITH TONYA

This 6-week class begins Nov. 2. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$65 for residents; \$70 for nonresidents. Session ends Dec. 7.

ZUMBA

This 6-week class is taught by certified fitness instructor Richelle Dickerson and begins Oct. 31. Meets Saturdays from 10 to 10:50 a.m. This fun dance fitness class is designed for all levels;

sneakers and loose clothing are required. The cost is \$65 for residents; \$70 for nonresidents. Session ends Dec. 19 (class will not meet Nov. 7 and 28). Feel free to wear a crazy wig or costume to the first class and be ready to dance to "Thriller" and "The Monster Mash"!

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

Continued on page 15



Specials only for Seda and Olivia

Padeaux & Nina Monday thru Thursday
Hair and Nail Spa

Chair Rentals Available

If you are looking for unique style then come to Nina & Cadeaux Hair and Nail Salon, we are offering the best: Haircoloring, Hightlights and Haircutting.

We have reasonable prices!, and if you need have done your pedicure, manicure, fascial and/or waxing here is the right place to come. Our clients are considering us the best Manicure & Pedicure in Chevy Chase and Bethesda. Come you never regret it.

(301) 656-0066

5423 Friendship Blvd. Chevy Chase, MD 20815 email: cadeauxdc@aol.com

CONCERTS

Concerts will be held from 7:30-8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, Oct. 7 — *Herb Smith* — Saxophonist Herb Smith pays tribute to alto sax jazz legend Charlie Parker whose innovations in jazz improvisation influenced every serious jazz player who followed. The performance features a mix of Parker's compositions and standards from the Great American Songbook.

Wednesday, Oct. 14 — *Susan Jones Jazz* — With more than 30 years experience, Susan Jones reigns as one of the most accomplished and versatile violinists in the Washington area. Known for her amazing and alluring melodies, engaging rhythm and textures and finely tuned skill, she has attracted the attention of many audiences and other music professionals. She has backed up dozens of visiting artists including Aretha Franklin, Robert Plant, and Stevie Wonder at venues including The John F. Kennedy Center for the Performing Arts, the Verizon Center and the Newport Jazz Festival.

Disegno Hair Salon



4601 North Park Ave. Chevy Chase, MD Open Tuesday-Saturday

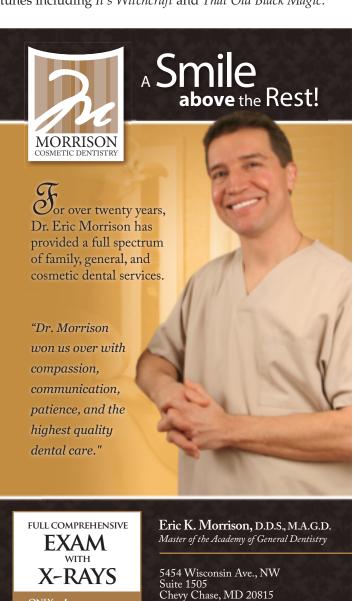
Phone: 301-652-7767 301-652-4601 Special Requests: 202-686-5301

Specializing in:

- Correcting damaged hair
- Non-ammonia color
- Keratin Treatments
- Bridal Hair and Makeup
- Claudine: the best manicures and pedicures
- Two new professional stylists: Nila and Maria
- · Richard, the best hairstylist in town

Wednesday, Oct. 21 — *Tales in the Village* — This monthly feature returns with an hour of tales from some of the areas most talented storytellers.

Wednesday, Oct. 28 — *Mark Hanak Halloween* **Program** — Pianist, singer and dancer Mark Hanak presents a Halloween-themed program featuring spooky tunes including *It's Witchcraft* and *That Old Black Magic*.



202.537.7052

Must bring ad for promotion.

info@DrEricMorrison.com

DrEricMorrison.com

TO YOUR HEALTH

Caregivers Support Group: You are not alone

The Village support group for people caring for parents or partners with serious illness or dementia will meet Monday, Oct. 19, from 6:30 to 8 p.m.

If you are a family caregiver—either at home or from a distance—you know the stress and exhaustion it can cause. Connecting with others in the same situation can help. The Village support group is led by experienced facilitator Judith Bernstein, a clinical social worker and certified advanced social work case manager. Let us know if you would like to attend by calling 301-656-2797.

Vision Support Group: The low down on lighting

Lighting takes on additional importance as we grow older. Even normal, healthy eyes usually require twice as much illumination at age 50 as they did at age 25! For people with limited vision, lighting becomes even more critical. At this month's Vision Support Lunch and Learn program at the Village Center on Thursday, Oct. 15, at 12:30 p.m., Terry Eason, Director of Low Vision Center in Bethesda, will discuss different types of lighting and will

The Vision Support Group is

maximize your sight.

share techniques and tips to help

a partnership of the Village of Friendship Heights and Prevention of Blindness Society of Metropolitan Washington. You don't have to have poor sight to participate, but you do need to register in order to reserve a light lunch by calling 301-656-2797. Information is power!

The Village Book Club will meet this month on Tuesday, Oct. 20, at 11 a.m. The book selection is *Dead* Wake by Erik Larson. Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."

For Sale in the Somerset Community







For Sale:

5600 Wisconsin Ave. #305 Somerset House - \$850,000 2 BR, 2 BA, Balcony; 1,402 SqFt New, open gourmet kitchen!

Ready to sell?

We have qualified buyers **looking for units.** Call today & speak with your Somerset Community specialists: 301.907.6643



BEST

 ${\mathbb R}$



Jamie Coley, Linda Rosenkranz & Leigh Reed

of Long & Foster Real Estate, Inc.

The #1 Team in 2013 for Montgomery Co.

Direct: 301.907.6643 Office: 240.497.1700

coleyreed@gmail.com

www.somersetluxuryliving.com

Want to lower your monthly mortgage payment?



REFINANCE NOW WHILE RATES ARE STILL LOW!

Take a look at these recent rate examples:

Samples only...not everyone will qualify - based on approved application.

►LOAN AMOUNTS UP TO \$625,500 <

ARM RATES as low as 2.875% APR* | FIXED RATES as low as 3.375% APR*

(ARM = Adjustable Rate Mortgage)

►LOAN AMOUNTS ABOVE \$625,500 <

ARM RATES as low as 3.00% APR* | FIXED RATES as low as 3.75% APR*

Ask about a NO-CLOSING-COST Refinance!**

You may qualify for NO POINTS NO ORIGINATION FEES NO TAX SERVICE FEE NO UNDERWRITING FEE NO PROCESSING FEE NO BANK FEE...PERIOD!

What is your current rate? Could you be saving money every month?

"Please contact me soon for a quick analysis to see how much refinancing may save you each month. We're condo specialists...and make refinancing easy!"



Narda Namrow
Senior Mortgage Banker
Office 301-738-7224 | Cell 301-674-3078
Fax: 301-841-9811 | NMLS 165566
NNamrow@eaglebankcorp.com
www.eaglebankcorp.com





12505 Park Potomac Avenue, Suite 510, Potomac, MD 20854 EagleBankCorp.com

Continued from page 11

HEALTH INSURANCE COUNSELING

Free assistance offered by the University of Maryland Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

VILLAGE BRIDGE CLUB

The bridge club meets Mondays from 12:30 to 3:30 p.m. All are welcome for bridge or duplicate bridge; cards will be supplied.

VILLAGE PLAY TIME

Games, toys and play equipment will be set out in the auditorium most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver or family member over age 13.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for details.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Call Maurice Singer at 202-362-0883 for details.



Planning For the Future Today

National Capital Financial Group provides you with comprehensive and attentive financial advisory services - all conveniently located in our NCB Capitol Hill office building. Make the call today.

R. Andrew Didden, Jr., Financial Advisor Angela M. Beckham, CFP®, CFA, Financial Advisor

Located at: National Capital Bank 316 Pennsylvania Avenue, S.E. • Suite 402 • Washington, D.C. 20003-1175 Phone: 202-546-9310 • Fax: 202-546-8841

Securities and advisory service are offered through Cetera Advisor Networks LLC a registered broker/dealer and member of FINRA/SIPC. Cetera is not an affiliate of National Capital Bank or National Capital Financial Group.

Not FDIC insured • Not a deposit • No bank guarantee • May lose value Not insured by any federal government agency



Willard Avenue

白些吃

SENIORS ARE PROUD TO

At Brighton Gardens of Friendship Heights, you can always expect:

- Exceptional, relationship-based care
- Dedicated Designated Care Managers for each
- Beautifully appointed living spaces and delicious home-cooked meals
- Vibrant social activities designed to engage mind, body and spirit
- Safe, secure and comfortable neighborhoods for seniors experiencing memory loss
- Peace of mind in knowing that we can meet your changing needs

Brighton Gardens of Friendship Heights

5555 Friendship Boulevard Chevy Chase, MD 20815 301-656-1900

BGFriendshipHeights.com

Call today to schedule a complimentary lunch and tour: 301-656-1900



Village Council Corner

Update on Council Committees

The Village Council has four standing committees— Personnel, Capital Improvements, Finance, and Communications. Each committee meets on an as-needed basis.

The Capital Improvements Committee, co-chaired by John Mertens and Mike Dorsey, has been working on a plan for renovating the Village Center. Our much-loved 29-year old building is showing some signs of age. In consideration are bathroom updates, renovation of the kitchen, and a number of improvements to the auditorium, lobby, hallways and lighting. The Council has put out a request for proposals (RFP) for design work and construction supervision. When that choice has been made, specifics will be determined and the project(s) will go out for bid. The next meeting of the committee will be Tuesday, October 6 at 5:30 p.m.

The Communications Committee, led by Paula Durbin, has been working on a plan to redesign the Village website. The Council approved an RFP for website design at the September 15 meeting. The next meeting of the Committee will be Monday, October 26, at 7:30 p.m.

The Finance Committee, chaired by Kathy Cooper, will meet as part of the budget process. The Personnel Committee, led by Clara Lovett, typically meets in executive session.



The Village Center under construction in 1986.

Other Council actions at the September 15 meeting:

- Heard presentation from Miti Figueredo of Chevy Chase Land Company about possible changes to the Chevy Chase Center commercial property.
- Approved proposal from State Construction Corporation to repair pavement in North Park Avenue.
- Approved proposal from Boyd Roofing to replace sections of gutter at the Village Center.
- Approved new agreement with Village attorney.



Friendship Heights Village Center 4433 South Park Avenue Chevy Chase, Maryland 20815



Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

October 2015 events calendar